



## Delta Friendship Link

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[www.deltatrust.org.nz](http://www.deltatrust.org.nz)

**Please note: We are now in our new premises on 101 North Avon Road. Please note that we have increased our prices to \$7 per session and our Disco and Movie night to \$10.**

- Delta House opens at **9.30 a.m.** and closes at **2.30 p.m.** for Friendship Link members.
- Enabling Good Lives funded members will be charged at a different rate please contact Sue if this applies to you or someone you support.
- **Most Groups** will be held Delta House, North Avon Rd, Richmond.
- Discos and Movie/Fish & Chip Nights will be held **Delta House**, North Avon Rd, Richmond. There are **NO** daytime groups on these dates. Cost for the Disco is **\$10 for Friendship Link Members** and **\$5 for Support Staff if they wish to have Supper.**  
Cost for the Movie/Fish and Chip Nights is **\$10 for Friendship Link Members** and **\$10 for Support Staff.**
- We continue to offer an "all day" option of staying at Delta between 9.30 a.m. and 2.30 p.m. each Tuesday, Wednesday, Thursday except for Movie and Disco nights. Please remember to bring a cut lunch if you intend to stay all day. Delta Café is open every Wednesday; toasted sandwiches are available from \$2.
- Please remember to book in advance if you are joining us on "Our Day Out", as numbers are limited for van outings. Our Day Out is \$14 per member **PLUS** cost of activity. Members who attend with support and their own transport will only need to pay for cost of activity, unless the activity is held at Delta House. The cost of Our Day Out activity is different each month, depending on what we do and where we go.
- **Cooking classes** are strictly limited, to the first **12 people** to register, please phone asap if you are wanting to attend. If you have not registered, you will be unable to attend.
- Horse Riding is an extra \$6 and Aqua Jogging/Swimming \$4.50 Gym \$5.00 KiwiAble or Community Services Card.
- On the third Thursday of the month we will hold a DFL Committee meeting between 12.30pm & 1.15pm. Please consider joining our Committee it is open to Members, Support workers, Family and Staff.

Sue, Natalie and Maree

**03 389-0273**

# Friendship Link Programme September 2019 –December 2019

Prices: (inclusive of g.s.t.)

Cooking \$7  
 Art & Craft \$7  
 Friendship Group \$7  
 Karaoke \$7  
 Aqua Jogging/Swimming \$7 plus \$4.50  
 Gym \$7 plus \$5  
 Garden Art \$7  
 Zumba \$7

Pamper \$7  
 Movies \$10 (Support Staff \$10)  
 Disco \$10 (Support Staff \$5)  
 Gardening \$7  
 Horse Riding \$7 plus \$6  
 Card Making \$7  
 Jewellery Making \$7  
 Relaxation and Movement \$7

**Our Day Out is \$16 plus cost of activity as per program (Members with own transport and who are supported by staff pay only the cost of the activity for activities outside Delta House.)**

◀ Aug 2019		<b>September 2019</b>					Oct 2019 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	2	3	4 Open Day Coffee and Cake 11am -2pm	5	6	7	
8	9	10 Gym Box Fit 10am-12noon Live Music and afternoon tea 1pm -2.30pm	11 Gardening/ Aqua Jogging 10am -12pm Garden Art/ Horse Riding 1pm – 2.30pm	12 Movie Night 5.30pm - 8pm DUMBO	13	14	
15	16	17 Pamper 10am -12pm Art/Craft 1pm -2.30pm	18 Gardening/ Aqua Jogging 10am -12pm Garden Art/ Horse Riding 1pm – 2.30pm	19 Cooking 10am -12pm Members Meeting 12.30pm -1.15pm Karaoke 1.15pm – 2.30pm	20	21	
22	23	24 Day Out 9am – 2.30pm Punting on Avon Extra \$15.00	25 Gardening/ Aqua Jogging 10am -12pm Garden Art/ Horse Riding 1pm – 2.30pm	26 Disco 6.30pm - 8.30pm	27	28	
29	30	<b>Note</b> If the weather is too wet or cold on any of our outdoor activities, we will choose an alternate indoor activity.					

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 Horse Riding \$7 plus \$6  
 Card Making \$7  
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 Relaxation and Movement \$7

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October 2019						
◀ Sep 2019						Nov 2019 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> Pamper 10am -12pm Art/Craft 1pm -2.30pm	<b>2</b> Gardening/ Aqua Jogging 10am -12pm Garden Art/ Horse Riding 1pm – 2.30pm	<b>3</b> Cooking 10am-12pm Karaoke 1pm-2.30pm	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b>	<b>8</b> Gym Box Fit 10am-12noon Live Music and afternoon tea 1pm -2.30pm	<b>9</b> Gardening/ Aqua Jogging 10am -12pm Garden Art/ Horse Riding 1pm – 2.30pm	<b>10</b> Movie Night 5.30pm to 8pm WONDER	<b>11</b>	<b>12</b>
<b>13</b>	<b>14</b>	<b>15</b> Pamper 10am -12pm Art/Craft 1pm -2.30pm	<b>16</b> Gardening/ Aqua Jogging 10am -12pm Garden Art/ Horse Riding 1pm – 2.30pm	<b>17</b> Cooking 10am-12pm Members Meeting 12.30pm -1.15pm Karaoke 1.15pm-2.30pm	<b>18</b>	<b>19</b>
<b>20</b>	<b>21</b>	<b>22</b> Day Out 9.30 – 2.30pm Ten Pin Bowling Extra \$7	<b>23</b> Gardening/ Aqua Jogging 10am -12pm Garden Art/ Horse Riding 1pm – 2.30pm	<b>24</b> Disco 6.30pm to 8.30pm Halloween Theme	<b>25</b>	<b>26</b>
<b>27</b>	<b>28</b>	<b>29</b> Zumba 10am – 12pm Swimming at QE11 1pm-2.30pm Extra \$4.50	<b>30</b> Card Making 10-12noon Walking Group 1pm -2.30pm	<b>31</b> Relaxation and Movement 10am-12pm Jewelry Making 1pm – 2.30pm	<b>Note</b> <b>If the weather is too wet or cold on any of our outdoor activities, we will choose an alternate indoor activity.</b>	

# Friendship Link Programme September 2019 –December 2019

Prices: (inclusive of g.s.t.)

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|--|---|
| <p>Cooking \$7<br/>         Art &amp; Craft \$7<br/>         Friendship Group \$7<br/>         Karaoke \$7<br/>         Aqua Jogging/Swimming \$7 plus \$4.50<br/>         Gym \$7 plus \$5<br/>         Garden Art \$7<br/>         Zumba \$7</p> | <p>Pamper \$7<br/>         Movies \$10 (Support Staff \$10)<br/>         Disco \$10 (Support Staff \$5)<br/>         Gardening \$7<br/>         Horse Riding \$7 plus \$6<br/>         Card Making \$7<br/>         Jewellery Making \$7<br/>         Relaxation and Movement \$7</p> |
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November 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 Pamper 10am -12pm Art/Craft 1pm-2.30pm	6 Gardening/ Aqua Jogging 10am -12pm Garden Art/ Horse Riding 1pm – 2.30pm	7 Cooking 10am-12pm Gym 1pm-2.30pm	8	9
10	11	12 Gym Box Fit 10am-12noon Live Music and afternoon tea 1pm -2.30pm	13 Gardening/ Aqua Jogging 10am -12pm Garden Art/ Horse Riding 1pm – 2.30pm	14 Movie Night 5.30pm to 8pm LION KING	15 Show Day	16
17	18	19 Pamper 10am -12pm Art/Craft 1pm-2.30pm	20 Gardening/ Aqua Jogging 10am -12pm Garden Art/ Horse Riding 1pm – 2.30pm	21 Cooking 10am-12pm Members Meeting 12.30pm -1.15pm Gym 1.15pm-2.30pm	22	23
24	25	26 Day Out Xmas Shopping 9.30am -2.30pm	27 Gardening/ Aqua Jogging 10am -12pm Garden Art/ Horse Riding 1pm – 2.30pm	28 Disco 6.30pm to 8.30pm	29	30

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<p>Cooking \$7          Art &amp; Craft \$7          Friendship Group \$7          Karaoke \$7          Aqua Jogging/Swimming \$7 plus \$4.50          Gym \$7 plus \$5          Garden Art \$7          Zumba \$7</p>	<p>Pamper \$7          Movies \$10 (Support Staff \$10)          Disco \$10 (Support Staff \$5)          Gardening \$7          Horse Riding \$7 plus \$6          Card Making \$7          Jewellery Making \$7          Relaxation and Movement \$7</p>
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December 2019						
◀ Nov 2019						Jan 2020 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Pamper 10am -12pm Art/Craft 1pm-2.30pm	4 Gardening/ Aqua Jogging 10am -12pm Garden Art/ Horse Riding 1pm – 2.30pm	5 Cooking 10am-12pm Gym 1pm-2.30pm	6	7
8	9	10 No Groups	11 No Groups	12 Xmas Party 5.30pm to 8.30pm	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	<b>Note</b> If the weather is too wet or cold on any of our outdoor activities, we will choose an alternate indoor activity.			